

# Water Fun & Fitness

June 17 through August 10

## Fun Swim

Recreational Swim, Open to the public  
Children 10 & under, or non-swimmers, MUST be accompanied by an adult swimmer.

Monday-Saturday 1-4 pm

**\$3 online/\$5 in person**

**Season Pass:**

**Family of 4 - \$175, Individual - \$50**

## Morning Water Aerobics

Invigorating, low-impact water exercise.

Monday, Tuesday, Thursday, Friday

7:00 – 7:45 am

**\$3 online/\$5 in person**

## Lap Swim

50 min lap swim

Mornings: Monday-Saturday 8-8:50 am

Evenings: Monday-Friday 7:30-8:20 pm

**\$3 online/\$5 in person**

Kickboard and pull buoy available for use during lap swim, in limited quantities.

Maximum of 3 swimmers per lane, circle swimming required depending on attendance.

## Wibit - Aquatic Obstacle Course

Floating play for youth – adult fun.

Saturday 5:30-8:00 pm

**\$12 online/\$15 in person**

**Ages 8+ Must pass swim test or wear approved flotation device.**



## Learn-to-Swim Skill Levels

The descriptions below provide an overview of the class levels. When registering children for swim lessons, place them in a level where they will learn, but is not unrealistic.

**Tadpoles:** 6 months to 3 years old; parent/guardian participation in the water is required. Objective is not to get children swimming on their own but to acquaint them with the water. Classes include songs, water play, and activities. Lessons are 30 minutes.

**Guppies:** Ages 3, 4, and 5 year olds. Classes are designed with age appropriate lessons and activities, taught in 2 - 3 ft. shallows. Skills taught include moving in the water, basic breath control and submerging face, beginning arm movement, supported floating and kicking, safety rules, reaching assists, and life jacket use.

**Stingrays:** Beginning swimmers ages 5 & up; basic swimming skills are taught including submerging head to retrieve objects, unsupported floating and gliding, flutter kick, breathing techniques, water entries and exploring deeper water with flotation aids & support.

**Barracudas:** 'Beginner Plus' swimmers ages 5 and up or passed Stingrays. This level is taught entirely in deep water requiring participants to swim without relying on flotation aids or the bottom of the pool depth 7ft or deeper. Swimmers develop strength, endurance, and efficiency and gain the confidence necessary to be successful in intermediate and advanced levels.

**Dolphins:** Intermediate swimmers ages 5 and up, passed Barracudas; must be comfortable in deep water and able to swim a full pool length without aid or rest. Instruction in basic stroke technique including front/back crawl and backstroke, basic diving and gliding, bobbing and treading water.

**Sharks:** Advanced swimmers ages 5 and up, or passed Dolphins; must be comfortable in deep water and able to swim multiple pool lengths. Includes instruction in proper techniques and stroke skills with proper mechanics emphasizing endurance and technique.



# Now Open Saturdays



**Swim-In Movies**  
**Wibit Obstacle Course**

**Swim Lessons**  
**Private Swim Lessons**  
**Junior Lifeguarding**  
**Fun Swim**  
**Water Aerobics**  
**Lap Swim**

**Town of Yucca Valley**  
**(760) 369-7211**

**[www.yucca-valley.org](http://www.yucca-valley.org)**

# Swim-in Movies



Grab your suit and towel, kick back poolside, or lounge in the water to enjoy a family friendly Swim-In Movie Night!

Bring a cooler, folding chair, snacks, or drinks (No glass or alcohol, please).

US Coast Guard approved flotation devices & pool noodles welcome (inflatables, such as inner tubes, are not allowed).

Children are required to be accompanied by an adult for this event.

**Friday, August 2nd, at 7:30pm**  
**Friday, August 9th, at 7:30pm**

Sign up early, attendance is limited!

**\$3 online/\$5 in person**

# Private Swim Lessons

Private Lessons are now available on Fridays and Saturdays.



Fridays! These 30 minute lessons are sold individually at \$30 for one child. Morning & afternoon classes offered.

Contact Aquatic Staff for more information and registration.

office: 760.369.7211 Mon-Thurs 9a-2p  
pool: 760.369.3703 June 20-August 12

Community Pool is located at  
YV High School  
7600 Sage Ave (entrance on Onaga Trail)

# Program Registration

## Junior Lifeguard Program

11 years - 14 years old  
Monday - Thursday  
(4-week session)

**Session 1: June 17 – July 12**

**Session 2: July 15 – August 9**

\$125 per session



This 20 hour program introduces participants to:

- Basic responsibilities of a lifeguard.
- Communication, teamwork, and decision-making skills to prepare participants for the expectations of a workplace.
- Skills and physical conditioning needed for entry to the American Red Cross Lifeguard Course.
- Basic knowledge and skills to participate in the American Red Cross Lifeguard Course.

Participants must meet the minimum swimming requirement:

- Swim front crawl 25 yards continuously while breathing to the front or side.
- Swim the breaststroke 25 yards continuously.
- Complete the Water Competency Sequence.



**Registration opens on**

**June 3, 2024 at 9:00 am**

### Online Registration

Save time, create your account on our easy to use, mobile friendly registration

[www.yucca-valley.org](http://www.yucca-valley.org)

### In Person Registration

Register in person at the Community Center  
Monday - Thursday, 9am - 2pm

Registration will also be accepted at the pool office beginning on June 17, 2024.

### Refunds

Refund requests must be received at least 10 days before the first day of the session. Refunds are not available after the session has begun.

### Skill Levels

Please refer to the Learn-to-Swim skill level descriptions on this brochure to determine skill placement for your child.

### Skills Testing Schedule

Need help choosing a class?

Aquatics staff will be available at the pool during the following times for skills testing:

**Saturday, June 1, 10 am – 12 pm**

**Saturday, June 8, 12pm – 2pm**

Contact Sherry Powell at 760.369.7211 ext 238 for assistance or visit the pool office during summer program hours.


# Swim Lessons and Schedule

Monday - Thursday (2 week session) \$58 per session

**Saturday Swim School (4 week session) \$29 per session**

See class descriptions for required skills; the Town reserves the right to reassign participants who do not meet class level requirements. Classes are 40 min of instruction (Tadpoles 30 min).

Make-ups on Friday for canceled classes.

			<b>Adult/Child Tadpole</b> 6 - 36 months	<b>PreK/TK Guppies</b> 3- 5 yrs old	<b>Level 1 Stingrays</b> 5 yrs & up beginner	<b>Level 2 Barracudas</b> 5 yrs & up novice	<b>Level 3/4 Dolphin</b> 5 yrs & up intermediate	<b>Level 5/6 Shark</b> 5 yrs & up advanced
<b>Session 1</b> June 17 - 27	9:00am			•	•	•		
	9:45am		•		•	•		•
	10:30am		•	•			•	
	11:15am			•	•		•	
	12:00pm			•	•	•	•	
	4:15pm		•	•	•	•		
	5:00pm		•		•	•		•
<b>Session 3</b> July 15 - 25	5:45pm			•	•		•	
	6:30pm				•	•		•
	9:00am			•	•			•
	9:45am		•	•	•		•	
	10:30am		•	•		•		•
	11:15am		•		•	•	•	
	12:00pm			•	•	•	•	
<b>Session 4</b> July 29 - Aug 8	4:15pm			•	•	•		
	5:00pm		•		•		•	
	5:45pm		•	•	•	•		•
	6:30pm			•	•	•	•	
	9:00am			•	•	•		•
	9:45am		•		•	•		•
	10:30am		•	•			•	
<b>NEW</b> <b>Saturday Swim School</b>	11:15am			•	•		•	
	12:00pm					•	•	
	9:00am			•	•	•		•
	9:45am		•		•	•		•
	10:30am		•	•			•	
	11:15am			•	•		•	
	12:00pm				•	•	•	
<b>Session 1</b> June 22-July 13	9:00am			•	•	•		•
	9:45am		•		•	•		•
	10:30am		•	•			•	
<b>Session 2</b> July 20-August 10	11:15am			•	•		•	
	12:00pm					•	•	
	9:00am			•	•	•		•